



Weekly Wildcat News

February 13, 2017

Happy Monday, Wildcat Families,

Alta Vista Elementary will be administering the California Healthy Kids Survey in the upcoming days to 5th grade students, staff, and parents and guardians. This survey is an opportunity to communicate your perceptions about your child's school.

If you have any questions about this survey, contact Ms. Ruvalcaba, Assistant Principal, at nruvalcaba@rbusd.org

Parents will have access to this online survey beginning: 2/9/2017

The survey will close on: 2/24/2017

- This is an anonymous survey. It is designed so that no one can be identified from the data. You do not have to respond to any questions that you feel could be used to identify you. Simply skip any such questions.
- All questions apply to this school only.
- The results are for the use of your district. The California Department of Education and WestEd will preserve data confidentiality and refer any data requests to the district.

INSTRUCTIONS FOR ACCESSING THE SURVEY

If you have more than one child at this school, you will only need to complete one survey for this school. Please fill out just one survey about the school using your oldest child as a reference.

Access the login page for the survey using the following URL:

surveys.wested.org/csps/EJ672XD?lang=en

Use the following school code and click the Take Survey button:

School Code (case sensitive): MQ74PH

Troubleshooting

If you are having trouble taking the survey, check the following:

- Make sure you are entering the website address correctly.
- Does the survey welcome page show the correct name of your school?
- Make sure you have entered the URL (in the URL bar, NOT THE SEARCH BAR) and School Code correctly.
- Make sure that your survey window is open. You should be able to find the start date on this form.
- Still having trouble? Contact your survey coordinator.

Thank you for taking this important survey!

Important Dates this Week (and next):

Monday and Tuesday, February 13 & 14th - 5th grade Walk Through the American Revolution

Tuesday, February 14th - Valentine's Day

1pm 3rd Grade Vocal Music Performance

1:45pm 4th Grade Vocal Music Performance

Wednesday, February 15th - 2pm Kindergarten Roundup and Tour for Prospective Kindergarten Parents

Thursday, February 16th - 8:30am Flag Ceremony

National Random Acts of Kindness Day

Music Mobile Visits 3rd Grade Students

Friday, February 17th - No School, Local Holiday

Monday, February 20th - No School, Presidents' Day Holiday



The COLOR RUN!

Announcing the 6th Annual Chase Stecyk Fun Run! – The Color Run: March 1st

Let the Fun Run Fun-raising begin! Register now for our most important fundraiser of the year and the event the kids love the most! This year we are having a Color Run with the theme ***A World of Color – Celebrating Diversity***. See attached flyers for information about the Fun Run, online registration, other fundraising options and the amazing awards, **such as a chance to win a Fitbit for everyone who registers online and much, much more!** Just follow these easy steps:

- Go to thegetmovincrew.com
- On the webpage, click on the gold star under the Let's Get Movin' red square to start the registration process and create an account (*you can use your login in from last year if you participated last year!*)
- Click on the red student button in the upper right corner to edit the Student page with your student's information. For school, use the drop down menu or type in Alta Vista Elementary, activate your online pledge profile and add a picture!

Volunteers are needed to help out with this event. Please sign-up here: <https://www.signupgenius.com/go/9040849A8AC29A31-alta1/11780780>

**REMINDER - THE WANTED BOX TOPS DEADLINE IS
Friday 02/24**

Please include student name, classroom/teacher in all your submissions.





BMI Assessments for students in grades K, 1, 3 & 5

Your child's health is the foundation for a productive and enjoyable adult life. To give students the tools they need to develop lifelong healthy habits, your school has been partnering with the Beach Cities Health District to deliver the **LiveWell Kids Program**. This dynamic, eight-month nutrition and garden education program is designed to create healthy lifestyle behaviors in children.

LiveWell Kids provides educational, hands-on learning opportunities about nutrition, physical activity and healthy lifestyles, and encourages kids to apply the practical tips and tools they learn in their daily lives. Throughout the year, students participate in docent-led nutrition lessons, exciting physical activities designed to keep kids moving, and a school garden lessons that provide a first-hand look at the entire life cycle—from sowing seeds to harvesting to eating. LiveWell Kids also supports farm fresh fruits and vegetables in the cafeteria.

In February and March, all RBUSD students in Kindergarten, 1st, 3rd and 5th grades will have their height and weight measured, which are used to calculate their Body Mass Index (BMI). This is a screening tool used to determine a child's body composition, which LiveWell Kids uses to gauge the prevalence of obesity in the school as a whole. All data collected will remain strictly confidential.

BMI assessments can be one helpful tool in monitoring your child's development. **Please keep in mind that, like all screening tools, BMI assessments may yield false positives or negatives, and results should be reviewed with your child's doctor.**

If you do **NOT** want your child to participate in BMI assessments, please sign the waiver that was sent home with your child or attached to this eblast. Feel free to contact Tessa Dent at (310) 374-3426, ext. 124, or Tessa.Dent@bchd.org if you have any questions.



The WATCH D.O.G.S. are back!

Want to be a member of the WATCH D.O.G.S.?

We're using SignUp.com (the leading online SignUp and reminder tool) to organize our upcoming SignUps.

Here's how it works in 3 easy steps:

- 1) Click this link to see our SignUp on SignUp.com: <http://signup.com/go/z9SANm>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com.

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.

We ask our fathers to limit their sign ups to no more than 2 per year so that all of our Fathers can have an opportunity.



How to have a productive reading conversation with your child - prompts for supporting your reader

Productive Talk Question #16: How has your thinking changed after reading? Why?



Alta Vista PTA



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Volunteers are needed to help out with this event. Please sign-up

here: <https://www.signupgenius.com/go/9040849A8AC29A31-alta1/11780780>



Family Restaurant Night at Rock & Brews – Wednesday, February 22nd

Join us on Wednesday, February 22nd from 12:00 – 8:00 pm for our next family restaurant night fundraiser. Please bring the attached flyer. 20% of your purchase (dine-in or take-out), including drinks, will be donated back to Alta Vista! **Reservations are highly recommended.** We look forward to seeing you there!



Announcing the 2017 Alta Vista Variety Show – March 10th

Please see attached flyer and application if you are interested in participating in this year's Alta Vista Variety show, *Wildcats Got Talent*, schedule for 6:00 on March 10th at the Parras Gym. The 1st audition/practice is schedule for Thurs. Feb. 23 at 2:30 at the flag assembly area.



Tickets on Sale NOW for Comedy & Magic Fundraiser – March 21st

Join us on Tuesday, March 21st for our annual parents night out at the Comedy & Magic Club in Hermosa Beach. Due to limited seating, you can only Buy Tickets ON-LINE on our PTA website. TICKETS ARE FIRST COME, FIRST SERVE. Girls' Night Out? Dads' Night Out? Date Night? Get your babysitters now! This is a fun event that you won't want to miss. Ticket Price is \$25.00 per person. Additional donations are welcome. See also attached Flyer. We hope you can make it! Link to Buy Tickets is: <https://altavistapta.myschoolcentral.com>

Other Ways to Connect with and Support Alta Vista PTA

Check out our website at www.AltavistaPTA.org and Like us on our **new** Facebook page: <https://www.facebook.com/altavistapta>. Also check out our website for information on easy fundraising opportunities such as [Amazon Smile](#) and [Mabel's Labels](#).



Growth Mindset Corner

Talking About Failure: What Parents Can Do to Motivate Kids in School

From Mindshift, JMay 8, 2016

When children view their abilities as something they can change over time, they're more apt to deal well with challenges, researchers say. And what parents say can help or hurt.

To continue reading, [CLICK HERE](#)



Prospective Parent Tours & Kindergarten Registration

Know a family with a prospective kindergartner or new student for the 2017-18 school year? Our informational tours and kindergarten registration dates are posted on our website. Please direct any interested parents to our website for details.

Student Absences

Just a reminder that all student absences need to be reported to

our main office at 310-798-8650 every day that your child is going to be absent. Our office calls all of the families of absent students if we do not hear from you by 10am.



Did you hear?
GIRLS ON THE RUN IS COMING TO Alta Vista

Girls on the Run is a transformational learning program for 3rd to 5th grade girls. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness. Girls build confidence through dynamic, conversation-based lessons and fun running games. Girls do not have to be runners to enroll, learn and have fun! The program culminates with a celebratory 5K event on Sunday, May 21st. Every girl enrolled in the program receives:

- GOTR Water Bottle
- GOTR T-Shirt
- 5K Event Finisher's Medal
- Registration to the 5K
- An End-of-the-season Team Celebration
- A Lifetime of Healthy Habits!

10 Week Program
Fee Only \$225

REGISTER AT
www.gotrla.org
Before March 6

*Spaces are limited.
Register early to reserve your spot!*

**Starts Tuesday
March 14th**

Meets TUESDAYS & THURSDAYS 2:30-4:00PM

(626) 590-4770
program@gotria.org
556 S. Fair Oaks Ave, #101-307
Pasadena, CA 91105

www.gotria.org
Facebook.com/gotria
Twitter.com/gotria
Pinterest.com/gotria

Our district is happy to announce a new consolidated site for all district flyers featuring

community events. Please [click here](#) to view all of the latest flyers available to families and our community. Looking for a flyer specific to Alta Vista and our after-school programs?

[Click here](#) to be directed to our home page that houses all of our latest flyers.

Important Dates for the Next Few Weeks:

Monday & Tuesday, February 13-14 - Fifth Grade Walk Through the Revolution

Tuesday, February 14th - 3rd and 4th grade Music Performance, 1pm and 1:45pm

Wednesday, February 15th - California Healthy Kids Survey to 5th grade students

2pm Kindergarten Roundup in AV Cafeteria for prospective families

Thursday, February 16th - Music Mobile for 3rd grade students

National Random Acts of Kindness Day

Friday, February 17th - No School

Monday, February 20th - No School

Tuesday, February 21st- 100th Day of School

Wednesday, February 22nd - 8:30am Prospective Parent Tour

Thursday and Friday, February 23rd - 24th - Hands on Art Training in the AV Cafeteria

Friday, February 24th - 8:30am Flag Ceremony

3rd Grade Living Museum

Wednesday, March 1st - Jog-A-Thon

LIFT OFF Double Day

Thursday, March 2nd - Dr. Seuss' Birthday - Pajama Day

Friday, March 3rd - 1:55pm 5th Grade Band Coffee Concert

Monday and Tuesday, March 6th & 7th - BMI Testing for grades K, 1, 3 and 5

Tuesday, March 7th - 8:30am Prospective Parent Tour

Thursday, March 9th - 8:30am Room Parent Meeting

Friday, March 10th - 8:30am Flag Ceremony

AV Variety Show

March 13 -16th - MINIMUM DAYS - Parent/Teacher Conferences

Friday, March 17th - Trimester Break - NO SCHOOL

Ways to Support Alta Vista:

Join the PTA!

Consider donation to the Redondo Beach Educational Foundation. Go to www.rbef.org/donate

Student absences cost the school \$38 per day per child. Families are welcome to repay that cost directly back to Alta Vista if able.

Shopping Online? Please help Alta Vista PTA by shopping through Amazon Smile. At no cost to yourself, Amazon will donate 0.5% of your purchase price to Alta Vista PTA. Remember to select Alta Vista PTA as your cause or use this link. (Tip: if you bookmark this link when it opens you can make sure you are shopping in Smile. <http://smile.amazon.com/ch/95-3154489>

Looking to purchase a new lunchbox or lunch gear? Go to www.mightynest.com where 15% of your purchases will go directly back to Alta Vista.

Don't forget to collect and return your General Mills Box Tops for Education. Every boxtop is money for our school!

Go to mycokerewards.com/school, enter your Coca-Cola product codes and donate to our school. Our school can redeem the points for much needed physical education equipment.

Stopping by Jamba Juice on a warm summer day? Just show the PTA Jamba Card when making a purchase.

Have a wonderful week,

Mrs. Wildes